

Time / period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	6:00-7:30 No-Gi		6:00-7:30 No-Gi		6:00-7:30 No-Gi	
7:00 – 8:00 AM						
8:00 – 9:00 AM						
9:00 – 10:00 AM						8:30-10:00 Gi
10:00 – 11:00 AM						10:00-11:00 Gi Kids
5:30 – 6:00 PM	5:30-6:00 YOGA		5:30-6:15 No-Gi Kids	5:30-6:15 No-Gi Kids	5:30-6:15 Gi Kids	
6:00 – 6:30 PM	6:00-7:00 Self Defense					6:00-7:30 No-Gi Fundamentals
6:30 – 7:00 PM		6:30-7:00 Cardio	6:30-7:00 KBs/Cardio	6:30-7:30 No-Gi Leg Locks	6:30-7:30 Self Defense	
7:00 – 7:30 PM	7:00-8:30 Gi Fundamentals	7:00-8:30 No-Gi	7:30-8:30 Crazy 8s	7:00-8:30 Gi		
7:30 – 8:00 PM						
8:00 – 8:30 PM						
8:30 - ? PM		8:30-? Open Mat		8:30-? Open Mat		